



# VOLUNTEER SAN DIEGO

Change yourself. Change your world. Volunteer.

## In This Issue

[What's New](#)

[Other VSD News](#)

[Hot Projects](#)

[Flex Members](#)

[Be a Leader](#)

[Flex Accomplishments](#)

[SAVY](#)

[Superheroes of the  
Month](#)

[Contact VSD](#)

## Volunteer Newsletter

January 2009

*"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."*

- John Fitzgerald Kennedy

## Executive Director's Message

### From Sue Carter

Welcome to 2009! Every year at this time, many people contact Volunteer San Diego as part of their New Year's Resolutions. And every year, we are excited by the commitment our fellow San Diegans make to creating a better community for all of us.

Volunteer San Diego's resolution is to create even more meaningful ways to volunteer - with VSD and our community partners. We look forward to helping unleash more of the impact and power that volunteers can offer our community and to telling your stories.

To those of you who answer the call to serve, thank you! You inspire us to support and grow that spirit of service in new and creative ways. Best wishes for a year of happiness and success!

## Quick Links

[Find A Project](#)

[Flex Orientations](#)

[VSD Podcast](#)

[VSD Blog](#)

## What's New

### **Martin Luther King, Jr. Day of Service**

Join Obama, Biden and their families in serving on the [Martin Luther King, Jr. Day of Service](#). [Find a project](#) or serve at our [signature MLK project](#) our teen leaders have planned.

### **Buick Invitational**

Come volunteer at the Buick Invitational Golf Tournament at the beautiful Torrey Pines Golf Course. The Lodge at Torrey Pines and the Century Club have generously offered to donate funds to Volunteer San Diego for every hour served by volunteers. Click [here](#) for more information and to sign up.

### **Disaster Response Program**

You asked for it and we scheduled it! A Winter Quarter Introduction and Orientation to our ever-growing Disaster Program. Learn what Volunteer San Diego is expected to do in a disaster...then learn how to do it! Moreover, we now have projects in disaster planning and recovery which will give our disaster volunteers unique and challenging opportunities in helping their fellow San Diegans. [Sign up now](#) for this February 4 training! If you have questions, please [email](#) Patricia.

### **FREE Engaging Students: Service Event**

Save the Date: Thursday, February 5, 2009!

- \* Collaborate with educators, students and community organizations about simple and easy ways to engage students in service and make an impact in your community
- \* Gain information and ideas from a special guest speaker recognized in the community for engaging students in service
- \* Discuss service project ideas, engaging students, best practices and creating effective collaborations in a "World Cafe" discussion group hosted by Service-Learning practitioners

Click [here](#) for more details on this FREE event!

### **Oscars Night 2009**

The 2009 Oscars are on February 22nd and you can celebrate Volunteer San Diego style. There will be food, games, and celebrity viewings! Mark your calendars and walk the red carpet with Volunteer San Diego. To purchase tickets and for more information, click [here](#).

## **Other VSD News**

### Calling all Golf Fans

Purchase Buick Invitational tickets for the golf fans in your life. Tickets are \$15 each and good for any one day of the tournament (February 3-8, 2009).

Please send a check made out to "Volunteer San Diego" to 4699 Murphy Canyon Road, San Diego, CA 92123 with a self-addressed stamped envelope or to pay by credit card, click [here](#).

Questions?

Contact Kelli at [kochoa@volunteersandiego.org](mailto:kochoa@volunteersandiego.org) or (858) 636-4133.

### 10News Leadership Award



With Volunteer San Diego, Sempra Energy Foundation and LEAD San Diego, the 10News Leadership Award recognizes someone who provides leadership by making San Diego a better place to live, by standing up for those who need help, and improving the quality of life for all San Diegans. [Nominate](#) a leader for their work in the categories of Volunteerism, Environment, Diversity or Community Action.

## Hot Projects

### VSD Bloggers

We are looking for volunteers to contribute to our blog to help keep it fresh and updated. This volunteer opportunity is very flexible and can be done in the comfort of your own home. For more information and to sign up, click [here](#). Also, be sure to check out all the articles on our blog by Anna, our first volunteer blogger: <http://volunteersandiego.blogspot.com>.

### Weed Whackin' Saturdays

Survivors of the 2007 Wildfires need your help! Volunteer San Diego is seeking community volunteers to help provide brush management services for fire survivors in need. With assistance from local fire recovery centers and partner organizations, teams of volunteers will be able to provide these services at no cost to fire survivors who are either senior citizens, physically unable, low-income, under-insured or challenged by special circumstances. [Sign up](#) now! No experience necessary - we provide the training!

## Flex Members

## Flex Projects

### New Project

#### **English Speaking Club**

This project will be held at the Mira Mesa Library on the 2nd Wednesday of each month from 6-7:45 PM. [Sign up now!](#)

### Updates

#### **Friends of San Diego River Mouth**

This project is back and will take place January 24, 2009. [Sign up now!](#)

#### **Beckwourth Homework Helpers**

Volunteers with knowledge of biology and calculus are wanted to help high school students at this site with those subjects. [Sign up now!](#)

**Not a Flex member yet?** Click [here](#) to join.

**Have an idea for a Flex Project?** Email [Leia](#) or call her at (858) 636-4139 for more details.

## Be a Leader

### **Flex Team Leaders Needed!**

Interested in Being a Flex Team Leader?

We need Team Leaders for:

- \* Childcare at the Women's Resource Center (WRC) - 3rd and 5th Wednesday and 3rd Saturday of each month
- \* San Diego Coast Cleaners - Beach Cleanups - 4th Saturday of each month
- \* Beckwourth Homework Helpers - We need a team leader every other Wednesday

If you are interested in becoming a Team Leader for any of the above projects (or have an idea for a new project you would like to lead), please email [Debbie](#) or call her at (858) 636-4184. The next session to becoming a team leader will be on January 12 at 5:30 PM. [Sign up now!](#)

If you live in South County and are interested in being a Team

Leader, especially for Homework Helper projects, please contact [Leia](#) or call her at (858) 636-4139. We are currently trying to start Homework Helper projects in South County and need your help to make it happen.

### Board and Committee Members Wanted

Are you looking for a position on a committee or Board of Directors? Check out a list of opportunities with a variety of organizations looking for your expertise [here](#).

## Flex Accomplishments

### Flex keeps growing and improving the community!

In the month of November, 453 new volunteers joined Flex and attended orientations. Welcome to you all!

Thanks to Flex volunteers like you...

**900** volunteers completed **95** projects and **1,859** hours of service.

### Not yet a Flex Member?

Please take our online [Flex Orientation](#)!

## SAVY Leaders

### Rubio's Fundraiser

Stop by Rubio's Fresh Mexican Grill in Del Mar on Wednesday, January 7, 2009 and raise money for SAVY! 20% of your purchase will be donated to the SAVY program. Download your [flyer](#) today and be sure to bring it with you to Rubio's in Del Mar.



### Take the Lead

The Teen Submit began 12 years ago to assist the community in developing youth volunteers. The conference has consistently attracted more than 400 youth, educators and community partners. The conference will take place Friday, March 13, 2009 at California State University, Fullerton. For more information, click [here](#).

## Superheroes of the Month

This month we would like to recognize **Parkinson's Support Group Leaders**, volunteers with Parkinson's Disease Association of San Diego. Parkinson's Disease Association of San Diego provides family social services, educational events and advocacy for persons affected by Parkinson's disease.

The Parkinson's Support Group Leaders currently have 220 residents attend their meetings held once or twice a month throughout San Diego County. Joining a support group connects persons with Parkinson's, care givers and their family members with others facing similar circumstances.

Each month, Parkinson's Support Group Leaders volunteer 8 hours each, equaling 96 hours a month and all have been volunteering as Support Group Leaders for at least 3 years.

If you would like to [nominate](#) a volunteer, please let us know!

## Support Volunteer San Diego

### **Donate to Volunteer San Diego**

Click [here](#) to donate funds.

### **Check out the latest Volunteer San Diego fashions.**

Visit our shop [here](#).

### **Supporting VSD is easy!**

Now you can raise money for Volunteer San Diego just by searching the Internet at [goodsearch.com](http://goodsearch.com).

### **Have an Albertson's Preferred Savings Card?**

Sign up your Albertson's card to benefit Volunteer San Diego. Support VSD youth programs with your Albertsons Preferred Savings Card! Register [here](#) & enter our ID# 49001011683.

---

For more information contact:

**Volunteer San Diego**

Email: [volunteer1@volunteersandiego.org](mailto:volunteer1@volunteersandiego.org)

Phone: (858) 636-4131

Fax: (858) 492-2016

Web page: <http://www.volunteersandiego.org>

[Forward email](#)

 **SafeUnsubscribe**®

This email was sent to sadams@volunteersandiego.org by [volunteer1@volunteersandiego.org](mailto:volunteer1@volunteersandiego.org).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



Volunteer San Diego | 4699 Murphy Canyon Road | San Diego | CA | 92123